

Exciting Community Congress



BHCF Board of Directors - Standing left to right: Christine Victoria, Gerald Whitehead, Margret Maker, Terrence Ireland, Barbara Garcia, Diane Ross, Gloria Buck, Georgia Willette, Erma Monahan Duran, Judith Theodori. Seated left to right: Jose "Tony" Rodriguez, Alan Bruce, Natalie Lopes and Bill Sorro. Not pictured: Lisa Steadman and Marcie Dy Wilson.

Opponents of the Community Foundation are thwarted in Board overthrow attempt

By Helen Helfer

The Bernal Heights Community Foundation scored a stunning victory at their annual meeting today. The event, known as 'The Congress', serves as an opportunity for the Bernal Heights community to discuss the many programs offered by the agency and issues of neighborhood importance, as well as elect the Foundation's Board of Directors.

Opponents of affordable housing, known here as the 'Save the Farmers Market' Task Force have been stymied in their numerous attempts to thwart the Foundation's efforts. They viewed the Congress as another opportunity

to stop planning of a new affordable housing development behind the Farmer's Market. They were defeated again at the Congress on March 9th.

With eight board positions open, Friends of the Bernal Heights Community Foundation offered a slate of eight candidates and the Task Force a field of seven. All eight winners were from Friends of the Foundation's slate.

After the results were in, Bill Sorro (the largest vote getter), an active Filipino and long-time neighborhood resident, said, "The Congress was historic because of the kind of organizing that both sides did for their campaigns. It

was a wonderful mandate from the community for the BHCF. My sister came out to support not just me, but all the programs of the Foundation. It also means an increase of responsibility to intensify our work in the future - and I welcome the challenge."

As Diane Ross, another strong victor and the Foundation's Housing Chair, stated, "I see this as a vote of community support for the Foundation's efforts to build affordable housing. Rather than trying to take over the Foundation, I hope the Save the Farmer's Market Task Force will channel their energies into the more appropriate city planning review

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Police Redistricting Jeopardizes Bernal's Safety

In an attempt to ease the tension of over burdened police stations, the San Francisco Police Department has planned to re-district each station's zones to balance the workload. The plan is a good theory but the reality of it will severely hurt Bernal Heights. Service to Bernal is provided by the Ingleside Station, which is one of the largest areas covered in the city's 9 police districts.

The new plan includes losing Ingleside's current western portion of St. Francis Woods and in turn extending its eastern boundaries to include the notorious Sunnydale and Geneva Towers areas. Anyone who passes through St. Francis Woods' affluence and serenity will agree that the trade

for Sunnydales's reputation for violence and drug activity is no fair exchange. In 1990 Sunnydale had 1401 "A" priority (emergency) calls for service while St. Frances Woods had only 956. A call for service to Sunnydale almost always requires two police cars. Sergeant Anne Cazahous of Ingleside explains, "We need two man cars in Sunnydale with one back up to protect the cars from being trashed." With frequent, high priority calls from Sunnydale, Bernal's one patrol car could very well be that frequent back up unit.

Ingleside currently has 6 sector cars and 86 officers. With the re-districting, Commander Jim

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Toxic Wastes: Whose Backyard?

From used oil to pesticides to oven cleaners and old car batteries, these are just some of the toxic wastes you may be storing in your home. These products are very hazardous if left lying around a home, especially if children or pets accidentally get into them. As a result, San Francisco has recently begun a campaign to inform its citizens on where to properly dispose of these wastes in a convenient way. Operated by Sanitary Fill, residents of San Francisco can get rid of their toxic wastes at the city's facility across from Candlestick Park.

While this program is needed and will make homes safer from toxic wastes, it also follows the national trend of locating toxic waste facilities near poor, minority neighborhoods of our cities. The San Francisco Household Hazardous Waste Collection Facility (HHWCF) is situated 2,000 feet west of the Visitacion

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Saving the Bernal Library

Neighbors help to prevent library's "closing"

"Don't close our library!" was the repeated plea during an emotional community meeting at Bernal Branch Library in mid-March. Kenneth Romines and Neel Parikh, Chief of Branches conducted the meeting at the Bernal Branch to find out the community impact of turning the library into a "reading center." The library representatives reiterated to a crowd of over 150 that the Bernal Branch was not going to be "closed" but was one in a group of five city branches under consideration for being turned into a "reading center."

To Bernal Branch users, however, modification into a "reading center" meant "closing" as they stated their reasons why the severe reduction in service hours and days, book volumes, children and community services as well as the loss of librarians would forever change the Bernal Branch for the worst. One neighbor equated a "reading center" to a video store where the service is cold, impersonal and assistance in choosing or searching for a title is non-existent or minimal.

Upon the recommendations of library users throughout the city at similar community meetings, the library commissioners have now decided to review the possibility of across the board reductions of all of its neighborhood branches, and not just target the five: Glen Park, Presidio, Potrero, Park and Bernal (the 4/2 decision was not available for this issue of the NBJ). Many neighbors criticized the commissioners for repeatedly "picking on" libraries in the southeast part of the city where libraries are needed for lower income people who can not afford to buy books and magazines. They criticized the commissioners for weighing circulation numbers over the quality of services and accessibility provided at their neighborhood branches. Parents expressed worries and anger of the dwindling resources and educational opportunities for their children as public school library's also face closures due to budget cuts. Neighbors called the



Photo by Vicki Victoria

Librarians make the Bernal Branch a warm and inviting environment for reading, researching and learning. Branch Head Dotty Meyers and Children's Librarian Dorothy Coakley are pictured here with a few of their regular library users.

Bernal Library one of the last open community resources where they could study, relax, and feel safe in addition to reading and expanding their minds. With such a show of support and concern by Bernal Branch users, our library stands to survive at the library system's April meeting.

ESPECIAL SECTION EN ESPANOL: PAGINA 7

new Bernal Journal

515 Cortland Avenue, San Francisco, CA 94110
(415) 648-0330

The *New Bernal Journal* is a community newspaper sponsored by the Bernal Heights Community Foundation. It is dedicated to providing the people of Bernal Heights with neighborhood news, ideas, issues, and events that support the Foundation's mission: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people in Bernal Heights." The *New Bernal Journal* is distributed door to door, free in Bernal Heights. Articles express the views of contributors and not necessarily those of the Bernal Heights Community Foundation.

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Letters

Money Matters - Responses

I also feel that Bernal Heights needs some banking competition to get us the services that most other neighborhoods already have. Last year Bank of America announced "new Saturday banking, and longer hours." I switched my account there because Saturday banking was great. First they cut back on hours and now, no more Saturday banking. And whose convenience is met by an indoors automatic teller? Certainly not the customers.

We need an automatic teller that is accessible 24-hours a day.
- Charlene O'Neil

Go With the Idea!

I'd love to see Wells Fargo with at least an ATM on Cortland! As you can see, I alone had not enough status!
- Lynn

Bernal Hill Garbage Dump

I am a newcomer to the neighborhood. Being a avid dogwalker I suppose I am more aware of street conditions than most. I really love my house and neighborhood. What I am having trouble with is the anonymous morons who consider certain streets and areas as their personal garbage dumps - in particular Bernal Heights Boulevard, Powhattan Street, and many of the vacant lots. It seems like I'm calling the DPW ever other day to ask them to pick up abandoned stoves, strollers, car parts, trash bags of every type. It makes me so angry ever time I take a walk. What else can be done - as individuals, as a community? Has this problem been addressed? Please inform me.

- Ken Wolff

The list in the next column are numbers to call to help keep our hill clean - Editor

Who to Call to Keep Bernal Hill Clean

Department of Public Works (DPW) 558-5461, Call to report and request illegally dumped items be removed from open space areas.

Assessor's Office, City Hall, 554-5525, If you do not know who owns a lot that's been accumulating dumped items (and therefore attracting more of the same), you can contact the Assessor's Office for this information in order to contact the owner and work out a solution to keep the area clean.

North West Bernal Block Club Hill Clean Up, 2nd Sundays to pick up junk on the hill. Contact Mickey Saxon, 282-2489.

Bernal Hilltop Revegetation Project Work Party: 3rd Sundays - Pick up trash and control escaped exotics, 282-5066.



Photo by Rory McNamara

Mauricio Vela and Commander Jim Arnold present plans for Police Re-Districting at the BHCF's Annual Community Congress in March.

POLICE -

continued from front page - Arnold says that Ingleside would be increased to 100 officers to handle the added 700 - 800 calls for service. Commander Arnold says that it's important for Ingleside to take on Potrero District's Sunnysdale area because Potrero's service is spread too thin and the police radios come in clearer to the Ingleside Station. In addition to the 14 officers, Ingleside Captain Jack Gleeson says that he'll need at least 7 sector cars - one assigned solely to the Geneva Towers/Sunnysdale area. The additional officers would not be assigned willingly, but drawn from a lottery pool supplied by each district's captain.

Charles Bolton of the North West Bernal Block Club says that the enormous size of the Ingleside District endangers the safety of Bernal, "If a police car is called from Army Street to the Daly City border and the Mission District Station is having a hot night, calls for service in Bernal are compromised." Charles refers to Ingleside's boundaries that stretch as far as the Daly City border. It would take a police car an average of 20 minutes to return to Bernal

from the border.

Mauricio Vela, BHCF Community Organizer of the Bernal Heights Hill-Wide Coalition says that if the re-districting is implemented, Ingleside will become the largest district in terms of area, which is a main factor that the Police Commissioners are overlooking. He also expressed the fear of many neighbors that Bernal's Ingleside Police Station may not get all the extra officers that would be promised in order to be commensurate to the additional burden of the re-districting.

The Hill-Wide Coalition plans to send a delegation with OMI representatives (who will be similarly hurt by the re-districting) to the Police Commissioners' meeting, providing a unified community voice. To become active in this Public Safety Task Force, call Mauricio at the BHCF at 648-0330.

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Congress

con'td from page 1

process where all the important issues, like traffic and impact on the Market, can be reviewed and discussed. The vote also affirms that the community has heard us when we've said from the beginning: We are "Save the Farmer's Market" forces too."

Over 850 members either renewed or joined the Foundation for the first time this year. Of those, 522 (or 62%) voted in today's election which was closely watched by "Pete" McCloskey (formerly U.S. Representative) and counsel to the Save the Farmer's Market Task Force, Lisbet Engberg from Supervisor Maher's office (with a cellular phone in hand), and SFMTF observers. The victorious eight winners are: Bill Sorro (incumbent) who received 60% of the

votes cast, a union activist concerned about our youth; Tony Rodriguez (incumbent) an affordable housing and block club supporter; Alan Bruce (incumbent) who wants to help ensure that Market Heights (which he supports) proceeds without detriment to the Farmer's Market; Diane Ross (incumbent), chair of the Foundation's Housing Committee; Gloria Buck, Secretary of Holly Court Tenants Association, an affordable housing advocate; Erma Monahan, who has worked with seniors, and is a resident of Coleridge Park Homes, an affordable housing development built by BHCF; Christine Victoria, a single low-income mother and youth program supporter; and Natalie Lopes, also a youth program supporter.

Independent vote counters for this landmark election were: Michael Yaki, District Director



Photo by Rory McNamara

Diane Ross, Bill Sorro (both incumbents) and volunteer Tim Molinare pause from a busy morning at the 1991 BHCF Community Congress held at the St. Kevin's Church Hall.

for Representative Nancy Pelosi's office; Carol Schilling, Fiscal Manager for the YWCA; Margaret Whittingham and Gayle Justice from the Potrero Hill Neighborhood House; and Judy Becker and Nikki Feist from San Francisco State Community Organizing Class. Observers during the vote count were: Father Michael Weldon, St. Anthony's Church and Judy Drummond from the East Slope (appointed by BHCF), and John Blackburn and Cheryl Lund (appointed by the SFMTF). All the counters and observers

signed the election results as accurate.

In addition to these hardworking volunteers, Gerald Whitehead, President of the BHCF Board for the past two years, thanked everyone who participated in the membership drive as well as the election today, including Buck Bagot, Ann Ostrander, Bob Henderson, Polly Marshall, Richard Allman, Noreen Coates, Barbara Bagot, Eugenio Lopez, Lynn Scott, Erma Monahan, Laura Schulkind, Gloria Buck, Ron Martinez, Margret Maker, Edna

Lugtu, Maria Power, Terrence Ireland, Bill Sorro, Mary Foy, Joyce Kearney, Tim Molinare, Sue Vela, Jack Fleiner, Lurilla Harris, Ed Olsen, Zack Neathercott, and Father James O'Malley who gave the Invocation and graciously lent us the use of his church for the meeting.

As Mr. Whitehead commented, "A few neighborhood anti-affordable housing residents attempted to make this board election an issue of housing. I have maintained throughout the campaign that the bigger issue in this election was the unwarranted attack upon the integrity of the BHCF and its Board of Directors. Now, through a democratic process, our membership has resoundingly rejected the anti-affordable housing candidates and have reaffirmed confidence in both the direction of the foundation's policies and the Board of Directors who have had responsibility for those policies."

Helen Helfer, BHCF Executive Director, concluded: "I welcome ALL the new people who joined the Foundation this year - including those who hoped to stop the Market Heights development. The 1949 national mandate of a decent home for every American was reaffirmed here today, and I look forward to helping meet that goal in the most exciting neighborhood in San Francisco - Bernal Heights."

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Market Heights Development Summary

As a service to our NBJ readers, we're summarizing below the key information on the BHCF's proposed Market Heights development behind the Farmer's Market.

Development Objective:

To build up to 120 affordable family rental homes and enhance the existing Farmer's Market. (The forthcoming and rigorous environmental and planning review process will determine the exact number of homes we can build).

Target market:

33%: Households with incomes less than 80% of median income
67%: Households with incomes less than 50% of median income
Income Maximums 1990 (These guidelines are set annually by the Department of Housing and Urban Development. The 1991 guidelines have not yet been received.)

Household Size	"50% of Median" Income	"80% of Median" Income
1	\$18,100/year	\$25,000/year
2	20,700	28,550
3	23,250	32,150
4	25,850	35,700
5	27,900	37,950
6	30,000	40,150

Rent Levels per month (The rents are estimated and include utilities. They are set rents based on income category and the type of unit.)

Type of Unit	"50% of Median"	"80% of Median"
1 bedroom, 1 bath	\$340	\$***
2 bedrooms, 1 bath	383	655
3 bedrooms, 2 baths	424	728
4 bedrooms, 2 baths	477	819

***One bedroom units are all budgeted for "50% of Median Income" families

Ownership and Development Team

The site is currently owned by the City of San Francisco with whom we are working closely through a ninety-nine year ground lease, pre-development loan, and equity contribution on the loan from the Redevelopment Agency. The housing portion of the development will be owned by the Bernal Heights Community Foundation (BHCF) and managed by CARITAS Management Corporation. The development team is currently composed of the BHCF, Bob Herman and Associates, CARITAS Management Company, and respective consultants.

DESCRIPTION OF PROJECT

Physical Description of Market Heights:

Projection of up to 120 family homes with the following unit mix:

- 24 one-bedroom @ 600 square feet
- 37 two-bedroom @ 775 square feet
- 52 three-bedroom @ 975 square feet
- 6 four-bedroom @ 1150 square feet
- 1 Manager's unit @ 975 square feet
- TOTAL: 105,250 square feet

Financing Plan: Both the construction and permanent financing for this development will come primarily from the State's Rental Housing Construction Program (RHCP) and from Federal tax credits, with supplemental funding from the City's Tax Increment Program.

Estimated Project Cost: \$15,000,000

Please feel free to contact Helen Helfer, BHCF Executive Director, if you have any questions or concerns about Market Heights - 648-0330.

DDA Testimony on Market Heights

Board of Supervisor's Finance Committee Meeting, February 6th, 1991, by Helen H. Helfer, Executive Director, Bernal Heights Community Foundation

We appreciate the opportunity to come before you today in regard to the Development and Disposition Agreement for Market Heights.

Since the beginning of our proposed affordable housing development, and particularly since our last time before the Finance Committee, we have listened to and acted on four specific community concerns which I would like to mention briefly at this time:

1. Traffic - Neighbors have continuously raised the very legitimate question of traffic - not only on Market days but throughout the week as well. The City Planning Department has responded to this important concern by initiating a traffic study which is now underway. This study is the most detailed traffic analysis the City has yet required for a development of this size. We've requested that the Planning Department hold a public meeting at the earliest possible time to allow interested people meaningful and timely input on this critical study.

2. Parking during construction of the platform - We know in discussions with Roberts/Ohbayashi, our contractor, that the housing platform will take about four months to construct. During that time - and that time only - the parking area in the rear of the Farmer's Market will be

fenced off. According to our Architect, Robert Herman Associates, 177 parking spaces will be affected, and 127 will remain intact in the other areas of the Market. May I stress that neither of the long Market stalls will be affected. Once the platform is completed, Farmer's Market consumers will again be able to park in the very same place they now park - only it will be covered. We are working closely with CALTRANS to secure alternative parking across Alemany Boulevard on their property during the critical four month construction period. Our architect

Market Heights: Affordable Housing for Families

The Bernal Heights Community Foundation is proposing an affordable family housing development near the Farmer's Market. If you think you qualify for one of the units and would like more information, please fill out the form below and mail it to: BHCF, 515 Cortland Ave, San Francisco, CA 94110.

Name _____ Phone _____

Address _____ City _____ Zip _____

Size of unit needed: 1 BD _____ 2 BD _____ 3 BD _____ 4 BD _____

Current Income Maximums
(1990 figures, adjusted every year):

- For a family of 1: \$18,100
- For a family of 2: 28,550
- For a family of 3: 32,150
- For a family of 4: 35,700
- For a family of 5: 37,950
- For a family of 6: 40,150

Neighbors on the Hill

Day Laborers Find a Home



Photo by Rory McNamara

Charles Bolton of the North West Bernal Block Club discusses the Day Laborer's situation with committee members Armando Soriano, Treasurer and José Samperio, President.

"We want only a life of dignity, justice, and freedom from exploitation" - Trabajadores Generales

By Vicki Victoria

Over the past few years, men desperate for jobs congregated each morning at the Kelley Moore Paint Store at the corner of Valencia and Mission Streets. An average more than 200 men would "hang out" and beg the paint store's customers for jobs. Neighborhood residents and businesses complained of harassment of their clients, public urination, littering and public drinking. The "Trabajadores Generales" (General or Day Laborers), mostly immigrants from hardships in Latin America, found exploitation with the jobs they took from unscrupu-

lous employers. With little or no funds, they also found poor housing, food and medical care for themselves and their families.

After a long struggle, the Trabajadores Generales have organized "Comite de Trabajadores Generales," to address the problems that they have encountered while trying to make a living. Modeled after a similar and successful program in Los Angeles, the Comite hopes to provide co-operative housing, food and medical care for its workers.

"It doesn't matter what your status is, you should get paid for your labor and be able to go after a contractor who's cheated you," says Supervisor Jim

Gonzales, "You can't deny someone their rights because of their status." The supervisor refers to stories of workers who performed their duties, sometimes under dangerous or abusive situations, only to be given a wage that was significantly less than promised or no wages at all.

By establishing an office, the Trabajadores Generales will have information and education readily available, as well as English classes and legal protection. Contractors and employers with jobs from painting to gardening can utilize this new system of hiring Day Laborers at the office at 2947 16th Street. For more information, call 431-7522.

DDA -

Continued from page 3

has, at the request of CALTRANS, made a drawing of the currently unused lot showing 200 parking spaces are quite workable in that area. Five copies of that drawing are currently being reviewed by the appropriate CALTRANS staff.

3. Better communication between BHCF and SFMTF - We know there has been miscommunication on both sides over the past months. In an effort to better communicate our differences with one another regarding Market Heights, we held a community dialogue in December after the last Finance Committee meeting. In our invitation we stated, in part: "We see this as a community leadership meeting where we can explain our proposal, get your input, and discuss how to best continue this critical dialogue. There has been a lot of dissension in our community over this issue and we feel it's important to bring a little harmony back into Bernal Heights before the holidays." I also wrote to the Task Force January 10th to formally transmit a copy of the City Attorney's clarification of the DDA, requesting an opportunity to talk informally

with the group about our different concerns. The BHCF Board has also initiated an important joint Community Boards process where representatives from both BHCF and SFMTF have committed to meeting separately and jointly with a Community Board representative at least once. I am hopeful that - even though we don't agree on what should happen behind the Farmer's Market - we can hear each other's concerns more clearly and continue the dialogue in a more structured setting.

I want to also make a public commitment to the Finance Committee, the Board of Supervisors, and all interested persons that the BHCF, through a bi-monthly newsletter and the *New Bernal Journal*, will keep all our members and interested parties informed of any new Market Heights developments as they occur.

4. Density - As you know, we have not been able to move forward on the architectural aspects of Market Heights because of the DDA delay. However, once approved, we have requested Bob Herman and Stuart Stoller to analyze three alternatives: 120 homes, 100 homes, and 80 homes. I must stress that the development will be more expensive on a per unit

basis at both the 80 and 100 unit level. It will also mean 20 to 40 less affordable homes in our neighborhood, and possibly preclude our proposed childcare center, a critical element in our plan. However, if the City Planning Department's project review process warrants it, we will seriously consider one of those options at the appropriate time.

In closing, may I emphasize that we are not asking for Board approval of Market Heights today. What we are requesting is your support for the DDA so we can proceed with the rigorous and rational environmental review process clearly established by the City for all new housing developments. We continue to believe that affordable food and affordable housing can - as they do throughout the world - co-exist amicably. We also believe that we, as a concerned multi-ethnic and economic community, have a responsibility to provide affordable housing in a city that has become obscenely expensive. As a colleague recently stated "...we must realize that we are all in the same battle. Unless working and lower income people are able to be housed, then the City has no future. We must understand that 'affordable housing' is not some

Precita Park: The Making of a Drug Free Zone

Precita Park lies in the north end of Bernal Heights, a beautiful strip of open, green space with trees and playground area. In recent times, however, the park has been plagued with the presence of drug users. Their presence, along with the debris of used needles and litter that they leave behind has discouraged many park users from enjoying the park. "There is a gray cloud over Precita Park that we want to get rid of. We want the people to use the park again," says Martha Sanchez of Drug Free U. & M.E. (United Mission Environment), a coalition of substance abuse agencies that are leading the way to make Precita Park a Drug Free Zone.



Photo by Vicki Victoria

Martha Sanchez, Anne O'Crowley and William Louie would like to see Precita Park as the first Drug Free Zone park in San Francisco.

By establishing the park as a Drug Free Zone, Martha and her collaborators hope to reach out to the drug users and guide them to a healthier path. As a member of the Women's Alcohol Recovery Center providing counseling and residential treatment for women and children, she explains, "Many of us (of Drug Free U & ME) are in recovery ourselves and we understand how they feel." By using a non-judgmental attitude with the users and by treating them as equals, they feel that there will be little resistance to offering alternatives and choices. "No one's ever told them that someone cares. And we want them to know, that when the time is right, we'll be there for them," says Martha.

Anne O'Crowley of Horizons Unlimited, which provides substance abuse counseling and services and employment programs explains that the Drug Free Zone is needed to "Empower the people, involve the community and work with the people." William Louie, a counselor at the Precita Center that provides referral and prevention services, says that the making of a Drug Free Zone must include input from the entire community to make it work, "We didn't want to tell people what they need. We've been circulating a questionnaire, connecting people face to face."

A meeting for the Drug Free Zone will take place on Thursday, April 18th at the Precita Center, 534 Precita Avenue at 7:00 pm. For more information contact Martha Sanchez, 282-8900, William Louie, 285-7833 or Anne O'Crowley at 864-3366.

one else's problem and that the folks who will live in that housing are not 'them,' but they are us." (Calvin Welch, *New Bernal Journal*, Feb/March 1991, p. 5)

After discussion, the DDA was passed unanimously by the members of the Finance Committee (Supervisors Gonzalez, Shelley, and Hallinan), referred to the full Board and passed on February 19th by a vote of 9 to one. Supervisor Maher was the only dissenting vote.

Affordable Housing Public Meeting

Rehabilitation Program,
Special Needs Housing and
Market Heights
Wednesday, April 10th
7:00-8:30 pm
Bernal Hts. Neighborhood Center
515 Cortland Avenue

BERNAL HEIGHTS COMMUNITY FOUNDATION BOARD AND COMMITTEE MEETINGS

- Board of Directors
3rd Mondays, bi-monthly
May 20th, 7:00 pm
- PH&D (Planning, Housing & Development) Committee
4th Mondays, monthly
April 22nd, 7:00 pm
May 27th, 7:00 pm
- Youth Committee
2nd Mondays, monthly
April 8th, 7:00 pm
May 13, 7:00 pm
- Neighborhood Center
(to be announced)

Call the BHCF at 648-0330 to confirm all meeting dates and times. Meetings are held at the Neighborhood Center 515 Cortland Avenue

Environment



More education for and recruitment from the minority community is needed in order for them to curb the distribution of industrial pollution and waste in their communities.

TOXIC WASTE...

Continued from front page

Valley neighborhood and is less than a mile south of the Hunter's Point District, threatening the environmental conditions of these communities.

Robert Bullard, Associate Professor of Sociology at the University of California, says that hazardous waste sites are placed where there is the least resistance to their presence, "Historically, this means toxics are dumped in poor, minority communities, which are not organized nor hooked into the mainstream environmental movement." Bullard says that this isn't because of lack of activism or concern in these communities, but that, "In many cases, environmental issues in Black, Hispanic, Native American, and poor communities have been overlooked. The professor uses an example of municipal landfills in Houston, Texas between 1920 and 1983 where seventy-five percent of these landfills were located in black neighborhoods. Blacks make up 25% of the population of Houston.

It is easy for polluting industries to locate in minority com-

munities because of the need for jobs. A Union Carbide plant in Institute, West Virginia, a Black suburb of Charleston, is the prototype for the plant that accidentally killed thousands of people in Bhopal, India. Also located in another predominantly Black area is a hazardous-waste incinerator with one of the worst violation track records in the country, located in Southeast Louisiana. Bullard says that the area is "Known as the 'chemical quarter' or the 'cancer quarter,'" but that the people remain because they are economically dependent upon these types of chemical-industry jobs. He goes on to express this situation as "Economic blackmail - [these people] are poor, Black, powerless. Three strikes against them: triple whammy."

Assistant Professor Paul Mohai of School of Natural Resources, University of Michigan also adds that the lack of ability to move keeps Blacks at risk in these areas. He states both racial as well as economic reasons. Referring to a demographic study done by the University of Chicago, he supports that among Blacks, Hispanics and Asian Americans,

Continued in next column

Dispose of Household Toxic Waste

HHWCF (Household Hazardous Waste Collection Facility)
Open Thursday thru Saturday
8:00 am to 4:00 pm, 501 Tunnel Road, west of Highway 101.

You can dispose of your toxic wastes at no charge. The cost to operate this facility is included in our garbage bill - a great deal of only 80¢ a year per garbage bill.

Sanitary Fill recycles many of the products brought to its facility. About 3,000 gallons of recycled paints were donated to non-profit groups and City agencies in the first two years of operation. It also segregates products that can still be used and gives them away.

The best way to get rid of toxic wastes is prevention. Whenever possible, look for alternatives for conventional products that don't use harmful poisons or chemicals. Many manufacturers have jumped on the green bandwagon and are developing these "green products" as a response to consumer demands.

Curbside Recycling: Where Does it All Go?

By Maria Hon

It's been more than a year since Bernal Heights neighbors started recycling at the curb. Most of us put our blue buckets and paper bags out at the curb and don't think much about it. We have done our share to save our valuable landfill space and conserve natural resources. But some of us wonder: Are our efforts paying off? What happens to the bottles and cans and the magazines and junk mail we put on the curb. Where do they end up? Who pays for the cost of running this program? Can we help to make the program even more successful?

The results of the curbside program have been outstanding. Our weekly participation rate (which ranges from 40-70% in various neighborhoods) is greater than the statewide average overall participation rate of 30%; we conservatively estimate our overall participation rate to be 80%.

This accounts for 15-20% of the compacted (regular garbage truck) waste in the areas in which we are operating. We estimate that, once the program is fully implemented, it will account for diversion of 7% of our waste stream, making our recycling rate jump from its current 25 percent to 32 percent by the end of 1992.

In 1990, through curbside, we have recycled: 16 million glass containers; 32.5 million lbs. of paper, (enough to save the equivalent of 276,000 small pulp trees); 4.7 million tin cans and 3.8 million aluminum cans, (enough to save energy to keep 6,700 San Francisco households lighted for a month); and 1 million plastic soda bottles, (enough to stuff 300,000 sleeping bags).

The curbside recycling program

was created to address San Francisco's ever increasing Garbage Crisis. About 2,600 tons (5.2 million lbs) of garbage is generated in San Francisco every day. At the present rate, San Francisco will run out of landfill space by the year 2005. Recycling will greatly help in prolonging the life time of the landfill.

After the recyclables are collected by the recycling trucks, they are processed at the TURF (Total Urban Recycling Facility), located near the transfer station by Candlestick Park. After the sorting, the materials are prepared for shipment. The glass is shipped to two companies in the East Bay where they are crushed into small thumb nail size pieces. These small pieces of glass are called "cullet". The cullet is sold in turn to glass manufacturers in the East Bay where they are melted down in very large high-temperature furnaces. The melted glass is then molded into new glass containers we use in California contain 20-40% recycled glass.

The cardboard is shipped to Gaylord Container Corporation in Antioch where it is recycled into liner board used for making new corrugated cardboard boxes. The mixed paper is shipped primarily to paper mills in Asia. There they are recycled into cereal and gift boxes.

Tin cans (which is primarily made up of steel with a thin layer of tin) are shipped to de-tinning plants where the tin is removed and the steel is shipped to steel mills in Oregon, Southern California, Utah and Arizona to be made into new steel products.

The aluminum cans are shipped to manufacturing plants where they are chipped and made into various products, such as polyester suits, and fiberfill for sleeping bags and

ski jackets.

Initial program start up costs were absorbed by the garbage companies. When curbside is fully implemented the estimated cost will be \$8.8 million. Estimated minimum revenues will be \$1.8 million or 20% of program costs, leaving a maximum net cost of \$7 million. This is in line with a national survey performed by Biocycle Magazine which showed program revenues ranging from 9%-22% of program costs. All revenues from the sale of materials are rolled back into the program to offset costs. If the revenues exceed the amount which was estimated for rate making purposes, residents will receive a reimbursement on their garbage bill for this amount; the first of these adjustments occurred in March, 1991, where residents obtained a rebate of 77 cents in their garbage bill. If the revenues fall below the estimated minimum, the garbage companies absorb that cost until such a time as they feel it is necessary to apply for a rate adjustment.

The recycling program could be more effective and cost efficient if residents follow simple instructions. Residents can help by making sure that newspaper and scrap paper are put into paper bags or tied with string, separate from the contents of the blue bin; that plastic bags are not used; and that recyclables are put on the curb by 7 AM of the morning of the collection day.

San Franciscans are recycling at an overwhelming pace. In recognizing of our efforts, we were given the award of "The Best Urban Recycling Program in the U.S." by the National Recycling Coalition in 1990. Congratulations, San Francisco! Keep up the good work.

Toxic Wastes

Cont'd from column 2

Blacks were the most segregated in the country, "Nobody wants to live in a polluted neighborhood - blacks who have the financial means still may not be able to move out of industrial neighborhoods because of discrimination.

Lee DeAngelis sees the situation stemming from a lack of minorities in the environmental field. DeAngelis works with the Center for Environmental Internship Program and says that it's not just an issue with nonprofit environmental organizations, but also with corporate environmental departments, consultancies, and government agencies, "I don't believe it's strictly racism. I think there is a lot of interest among organizations in recruiting minorities. The problem is attracting minorities to the environmental professions - starting in junior high, high school and up into college."

- Vicki Victoria

Material for this article was provided from a transcript from the Scientists' Institute for Public Information (SIPI).



Michael Ortega picks up recycled goods in the Bernal Neighborhood. He's impressed with the number of residents who participate in the Curbside Recycling Program and enjoys the appreciation of the school children who stand by the fence and wave when his truck passes by.

Arts & ENTERTAINMENT



EVENTS CALENDAR

April

• **Earth Angels - 50's & 60's Dance** - Spin back into time on Saturday, **April 13th** as SKY (St. Kevin's Youth) hosts its fundraising dance. 7:00 - 11:30 pm in the St. Kevin's Parish Hall on Ellsworth Street at Cortland Avenue, 648-5751. Donation: \$9/advance tickets, \$10/at the door.

• **Flea Market & Bazaar** to benefit the Potrero Hill Neighborhood House, 953 DeHaro Street, Saturday, **April 13th**, 10:00 am - 4:00 pm.

• **Bernal Community Potluck** - Bring a dish to share and maybe a joke or song at the "Talent Show and Potluck" hosted by the Bernal Heights Senior Program on Tuesday, **April 16th** in the Bernal Heights Neighborhood Center, 515 Cortland Avenue, 6:00

pm - 8:00 pm. Admission Free.

• **Guerra • Páz • Arte** - An exhibition of 20 Bay Area artists paintings in response to the Persian Gulf War. Galería de la Raza, 2857 24th Street & Bryant, 12 pm - 6:00 pm, Tuesday - Saturday through **April 13th**.

May

• **Black and White Bowl** - Don your best black and white bowling duds at the weekend music and video-enhanced "Rock 'n Bowl." This 3rd annual benefit raises money for the "Give Kids a Chance" program that features a parental stress phone line: 441-KIDS and also offers children and parent counseling for substance abuse and co-dependency. Saturday, **May 4th** 8:00 pm - 2:00 am at Park Bowl, 1855 Haight Street. Tickets: \$35,

bowlers, \$20 non-bowlers.

• **Cinco de Mayo Parade & Festival** - This annual parade features colorful floats, dancers and musicians on Sunday, **May 5th** at 11:00 am. The annual festival's location has been moved this year to Civic Center Plaza to house this celebration's growing popularity and attendance. Sunday & Monday, **May 4th & 5th**.

• **South of the Border Festival** - St. Kevin's Parish's annual festival promises fun for all with game booths, delicious foods, Bingo and much more. The festival is the main fundraiser for the church's "Summer Program" which provides a wide variety of classes and activities for children and teens of Bernal Heights. **May 17th, 18th** 6:30 - 10:00 pm & **May 19th**, 1:00 - 10:00 pm on Ellsworth Street at Cortland Avenue. Admission free.

Walking Blues

By Jacqueline Elizabeth Letalien

I grew up in a rural part of Massachusetts: dairy farms, tobacco fields, Italian gardens. At night I could look to the sky and see a blackness filled with stars. I collected rocks, chewed on grasses, built dirt dams across creeks. In all this natural bounty and stillness, I struggled with a restlessness, desired something else.

After thirty years or so, I packed thirteen boxes, shipped them to California and soon after arrived to stay. I travelled here to write, to get big, to make a dream real. I came to escape the restrictions of the new England life inherited from the Puritans. And, I just wanted something different.

In the eleven years since that arrival, that coming of age - I have lived an urban life. I have to come to terms with parking scarcity, population density, concrete covered earth, and starless night skies. Yet, I am here to stay.

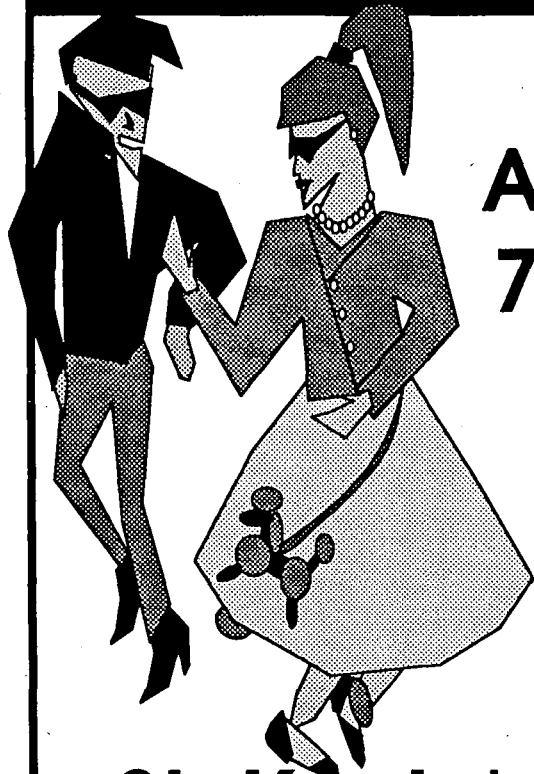
Living in San Francisco is unlike being in any other U.S. city I've visited: Manhattan, Chicago, Denver, Birmingham, New Orleans, Boston. San Francisco is the emerald city filled with visions, dreams, wishes made real. It is a city in which I can travel around the world without ever stepping onto an airplane. It is a city with open space. It is a cluster of distinct neighborhoods, each with its own character and characters.

My neighborhood settles on Bernal Hill. It is a sweet hill that kept us safe during the earthquake. Rains turn its grassy top into luminescent, lush green. I look at this hill from my porch and feel at home; nurtured, comfortable, at peace.

Standing on the top of this hill, I can see all around the city and beyond. I see the Bay and the Oakland Hills. I feel connected with something larger than my self. My spirit stretches, sometimes sobs. When I hear the evening fog horns, I feel at rest. When I stand on the hill at night, I see expanses of land filled with dazzling, twinkling light. I realize in these moments that I'd been looking in the wrong place in this urban setting; here the stars glitter on the earth, not in the sky.

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Noticias de la Comunidad en Español

Padres Que Trabajan: Obtengan El Dinero Que Han Ganado!

Usted probablemente es elegible para el Crédito por Entradas Ganadas (EIC: Earned Income Credit) del gobierno federal si usted es un padre que trabaja con un niño por lo menos en casa y ganó menos de \$20,264 en 1990. Tan increíble como parece, el Internal Revenue Service (IRS) puede enviarle un cheque hasta por \$953. Puede obtener un cheque aún si ganó muy poco y no tuvo que pagar impuesto de entradas.

En California solamente, más de \$750 millones de dólares se dieron a más de 1.3 millones de familias de bajas entradas que aplicaron para los beneficios de EIC en 1989. La mayor parte de las familias que ganaron entre \$6,000 a \$12,000 anualmente en 1990 pueden aplicar por un crédito de más de \$8,000. Las familias que reciben asistencia pública tales como AFDC, Medi-Cal,

Estampillas de Alimento o SSI no serán castigados por la ley por recibir el crédito.

El EIC sirve como un incentivo para trabajar y obtener entradas. Una de sus metas es ayudar a las familias que hacen la transición entre la beneficencia y el trabajo al aumentar sus entradas relacionadas al trabajo. Sirve como un recurso importante para las familias que reciben asistencia pública mientras trabajan con entradas bajas. Y para las familias que han trabajado y están fuera de la beneficencia, el EIC puede hacer que las entradas de la familia se comparen más favorablemente con el cheque de ayuda que una vez recibieron.

Para recibir el EIC, las familias elegibles deben llenar una forma de impuesto federal. Usted puede calcular su propio EIC, o simplemente escriba "EIC" en la línea 57 de la forma 1040 y la línea 28 en al Forma 1040A. Las familias que no deben ningún impuesto pueden llenar su declaración a cualquier tiempo. Usted no será castigado si no lo hace antes del último día, 15 de Abril. Para informarse más acerca de EIC, o si usted tiene otras preguntas acerca de asuntos de impuestos, llame al teléfono 839-1040.

Resultados Del Congreso de la Comunidad

por: Helen Helfer

traducción: Carmen Muñoz

La Fundación de Comunidad de Bernal Heights obtuvo una imponente victoria en su reunión anual hoy. El evento, conocido como "El Congreso", sirve como una oportunidad para los residentes de Bernal Heights de discutir los muchos programas y tópicos del vecindario de la agencia, así como la elección de la Mesa de Directores de la Fundación.

Los oponentes a la vivienda a bajo costo, conocidos aquí como el grupo "Proteja el Mercado de los Productores" (Farmer's Market), fueron bloqueados en sus numerosos intentos de impedir los esfuerzos de la Fundación. Ellos miraron el Congreso como otra oportunidad de parar los planes de un nuevo desarrollo de vivienda a bajo costo atrás del Farmer's Market. Hoy, ellos fueron derrotados de nuevo.

Con ocho posiciones abiertas en la mesa, la Fundación de Amigos de la Comunidad de Bernal Heights ofreció una lista de ocho candidatos, y el Grupo de Protección del Mercado una lista de siete. Todos los ocho vencedores fueron del grupo de Amigos de la Fundación.

Después de obtener los resultados, Bill Sorro (quien obtuvo el mayor número de votos), un Filipino activo y residente del vecindario por largo tiempo, dijo: "El Congreso fue histórico debido a la clase de organización realizada por ambos lados de la campaña. Fue un admirable mandato de la comunidad para la BHCF (Fundación de Comunidad de Bernal Heights). Mi hermana vino a apoyar, no sólo a mí, sino a todos los programas de la Fundación. También significa un aumento de responsabilidad para intensificar nuestra labor en el futuro y doy la bienvenida al desafío."

Como dijo Diane Ross, otra fuerte ganadora y Jefe de Vivi-

enda de la Fundación, "Veo esto como un voto de apoyo comunitario para los esfuerzos de la Fundación para construir vivienda a bajo costo. En lugar de tratar de dominar la Fundación, espero que el grupo "Protección del Mercado" encamine sus energías en el proceso revisor del planeo donde todos los detalles importantes, como el tráfico e impacto en el Mercado, puedan revisarse y discutirse. El voto también confirma que la comunidad nos ha escuchado cuando, desde el prin-



cipio, hemos dicho: Nostros somos también el Grupo de Salvación del Mercado."

Más de 850 miembros renovaron o se unieron a la Fundación por primera vez este año. De esos, 522 (o el 62%) votaron en las elecciones de hoy, que fueron cercanamente vigiladas por "Pete" McCloskey (anterior Representante de US) y Consejero del Grupo de Salvación del Mercado, Lisbet Engberg de la oficina del Supervisor Maher (con un teléfono inalámbrico en su mano), y los observadores de SFMTF. Para asegurar la imparcialidad, para esta elección prominente se nombraron contadores de votos independientes. Ambas, la BHCF y la SFMTF designaron contadores de votos y firmaron los resultados de la elección como correcta.

Los victoriosos ocho ganadores son: Bill Sorro (incumbente) quien recibió el 60% de los votos recontados, un activista de unión preocupado por nuestra juventud; Tony Rodríguez (incumbente) quien apoya la vivienda a

bajo costo y los grupos del vecindario; Alan Bruce (incumbente) quien desea ayudar a que Market Heights (que él apoya) proceda sin detrimento al Mercado de los Productores; Diane Ross (incumbente), Jefe del Comité de Vivienda de la Fundación; Gloria Buck, Secretaria de la Asociación de Inquilinos de Holly Court, una defensora de la vivienda a bajo costo; Erma Monahan, quien ha trabajado con los mayores, y es residente de las Casas Coleridge Park, un desarrollo de vivienda a bajo costo construido por BHCF; Christine Victoria, una madre soltera de bajas entradas y ayudante en programas para jóvenes; y Natalie López, también ayudante en programas para jóvenes.

Como comentó el Sr. Whitehead, "Algunos pocos residentes contrarios a la vivienda a bajo costo atentaron hacer esta elección de oficiales un asunto de la vivienda. Yo he mantenido a través de la campaña que el mayor asunto en esta elección fue el innecesario ataque sobre la integridad de la BHCF y su Mesa Directiva. Ahora, a través de un proceso democrático, nuestros miembros han rechazado enfáticamente a los candidatos contra la vivienda a bajo costo y han reafirmado la confianza en ambos, la dirección de los planes de la Fundación y la Mesa de Directores quienes han tendido la responsabilidad para esos planes." Helen Helfer, Directora Ejecutiva de BHCF, concluyó: "Doy la bienvenida a TODA la gente nueva que se unió a la Fundación este año - incluyendo a aquellos que desearon parar el desarrollo de Market Heights. El mandato nacional de 1949, de un hogar decente para cada americano fué reafirmado hoy aquí, y espero en adelante ayudar a alcanzar esa meta en el vecindario más estimulador de San Francisco - Bernal Heights."

GRATIS! Ayuda en los Impuestos Para Ciudadanos Mayores

Si usted tiene 60 o más años, puede aprovechar los programas ofrecidos por Voluntarios en Ayuda para Impuestos sobre Entradas y Consejos para los Mayores. Estos programas unidos son patrocinados por la California Franchise Tax Board y el Servicio Internal Revenue y se ofrecen gratis a los mayores en estas localidades:

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Policía de Ronda en Bernal

La idea anticuada de "policía de ronda" ha sido revivida a través del C.P.O.P. (Programa de Oficial de Policía de Comunidad) en Bernal Heights. C.P.O.P. provee un oficial regularmente visible que patrulla su "ronda" a pie y quien también actúa como coordinador en la comunidad, respondiendo a sus problemas al enseñar a la comunidad cómo enfrentarse a situaciones tales como vandalismo o robo de automóviles. Respondiendo a llamadas de servicio que no son emergencias, la labor de los oficiales de CPOP permite a las unidades de patrulla responder más rápidamente y con eficiencia en situaciones de vida o muerte. Probado en ser muy efectivo en la reducción del crimen, CPOP fué

extendido al Distrito de Ingleside después de un año de éxito en el Distrito de la Misión. "Es un sistema viejo do tomar de nuevo la comunidad", dice el Oficial Rey Ibay, el nuevo policía de ronda de Bernal. "Los Oficiales de la Policía no pueden resolver los problemas de crimen solos en un vecindario - Yo necesito la participación de la comunidad."

Asignado al "Corredor de Cort-



land" (Avenida Cortland de Misión al Boulevard Bayshore y abajo a la Avenida Crescent) el Oficial Ibay planea asistir a las reuniones de los varios grupos del vecindario y "block clubs" para designar sus prioridades en Bernal.

Los vecindarios necesitan oficiales de policía que se preocupen por sus comunidades y la ciudad. El Oficial Ibay reside en el Distrito Bayview de San Francisco con su esposa y dos hijas, haciendo su dedicación de combatir el crimen en la ciudad muy fuerte. Su amistosa personalidad da la bienvenida a la gente que se siente confortable con su presencia, cuando él aprecia su participación en la seguridad de Bernal. "Necesito que la gente sea mis ojos y oídos y me hagan saber de cualquier situación sospechosa que suceda. Con la esperanza de una alianza entre la policía y la comunidad, podremos mejorar la calidad de vida en Bernal Heights."

El Oficial Ibay dará la bienvenida a los residentes de Bernal que deseen conversar con él acerca de las necesidades de la comunidad. Si usted no se encuentra con él en la Avenida Cortland, puede dejar un mensaje para él en el número 553-1603 de la Estación de Policía de Ingleside.

Market Heights: VIVIENDAS DE BAJO COSTO PARA FAMILIAS

Bernal Heights Community Foundation esta proponiendo un proyecto de vivienda con un valor razonable para familias cerca del Farmer's Market. Si usted cree que califica para una de las unidades y le gustaria tener mayor informacion, favor llenar esta forma y enviarla por correo a: BHCF, 515 Cortland Avenue, San Francisco, CA 94110. 648-0330.

NOMBRE _____ TELEFONO _____

DIRECCION _____ CIUDAD _____ ZIP _____

Tamaño del Apartamento:

1 BD _____ 2 BD _____ 3 BD _____ 4 BD _____

Numero de Adultos: _____ Numero de Niños: _____

Ingresos Maximos Corrientes:

(cifras de 1990, ajustadas cada año)

Para una familia de 1: \$18,100 Para una familia de 4: \$35,700
Para una familia de 2: \$28,550 Para una familia de 5: \$37,950
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Para mayor informacion en Español, favor llamar al telefono: 648-0330



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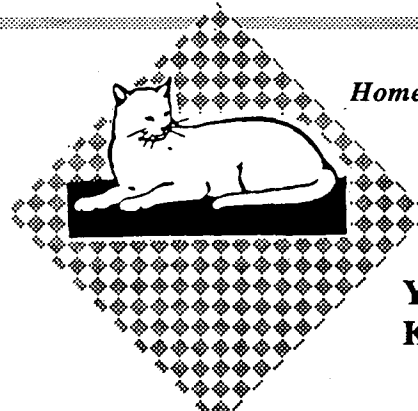
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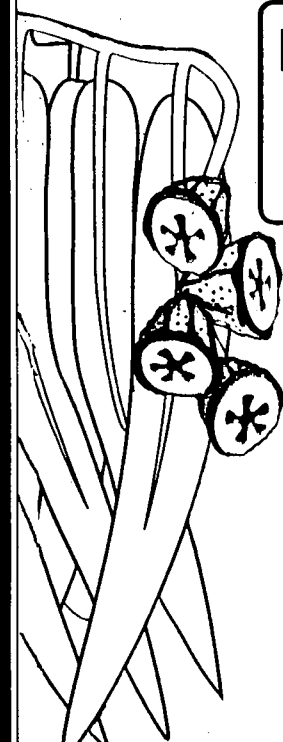
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Community News

Bernal Dwellings And Holly Court Receive Word Processors From H.O. & K. Associates

by Mauricio Vela, Community Organizer

Bernal Dwellings and the Holly Court Housing Projects received word processors from HOK Inc. (Hellmuth, Obata & Kassabaum) their study centers/rec rooms as a result of HOK having heard about the BHCF's successful work with the Holly Court tenants. The BHCF having just begun to work with Juliana Koelbl of the Folsom Street Study Center located in Bernal Dwellings, suggested that each of the housing projects receive one of the processors.

The Folsom Study Center Opened in December of 1990. Located in a former 3 unit apartment, the Housing Authority helped convert the unit into two tutoring rooms and one "dream room" which actually is the children's game/living room- "their space". Conceived and managed by S.F. State Student Juliana Koelbl, the center's goals are to improve the children's academics, social skills, and self respect. The center is currently staffed by one full-time and five part-time volunteers and now has a library which contains over 500 books. Two major donations were received from a Larkspur law firm which contributed \$2,000.00 for new books and the Sierra Club Book Co. which also



Juliana Koelbl and the children of the Folsom Study Center have been able to build their study center and recreation room through generous donations from the community. Photo by Vicki Victoria

donated new books.

Of course with a new program come a few ob-

stacles. The center is currently only open Mon-Fri. 3pm-5pm, and T&Th until 6:30 pm. The center has no funding, therefore must rely on donations. Presently, daily supplies come out of the director's pocket. These items include toilet paper, paint, paint brushes, stamps and other items. The center has had a new rug donated but it sets rolled up, in the center of the room obstructing the daily functions of the center. Ms. Koelbl is looking for people to assist her in teaching, painting, cleaning, organizing, planning, and last but not least, installing the new carpet.

In the south part of Bernal Heights, Holly Court has scheduled to open their Community/Recreation Room for Monday, April 15, 1991. Assisted with a \$10,000.00 grant from the Housing Authority as a part of a \$30,000.00 beautification program, the monies will allow the Holly Court Tenants Association to hire an adult supervisor and eight youth, all who must be tenants, to maintain the beautification project and operate

the recreation room Monday thru Friday 3 pm-5 pm. With the donation of the word processor, this adds an educational dimension which is also needed. The Holly Court tenants also need support as well. They will need adults to tutor and provide word processing training and instruction (assistance setting up computer system), sporting equipment and board games.

Both housing projects are on their way to improving the lives of their children. They need the support of the community to get off to an excellent start. If you can help in any way or know someone who can please call Mauricio Vela at the BHCF: 648-0330, or you can call Ms. Juliana Koelbl at the Folsom Study Center: 648-1472. These centers' success will benefit the entire community. Kudos to all of the great people involved.



Holly Court tenants received a donation of a word processor in late March for their newly organized Community/Recreation Room on Appleton. Photo by Vicki Victoria

Buffet Flat Bookstore



tu-fri 12-8
sat 12-7 sun 12-6

307 cortland ave
Ph. 641-8247

and visit our second store
MAELSTROM BOOKS
572 Valencia Street

Bernal Beat Cop

The old fashion "beat cop" idea has been revived through C.P.O.P. (Community Police Officer Program) in Bernal Heights. C.P.O.P. provides a regularly visible officer who patrols his "beat" on foot and who also acts as a coordinator in the community, responding to its problems by coordinating the community on how to handle problems such as vandalism or auto burglary. By handling non-emergency calls for service, the work of the C.P.O.P. officers allows patrol car units to respond more quickly and efficiently to life and death situations. Proven to be very effective in reducing crime, C.P.O.P. was expanded to the Ingleside District after a successful year in the Mission District. "It's an old system of taking the community back," says Officer Rey Ibay, Bernal's new beat cop, "Police officers can't solve the crime problems in a neighborhood alone - I need the partnership of the community."

Officer Ibay uses the example of loitering in the Bernal Playground. If the community wants that problem addressed, he says that he'll make the arrests for loitering in an area for children. However, he says that there has to be a more permanent solution by both parties involved, "I'll enforce what the community wants, but there has to be a mutual understanding between the groups and a solution for them. I can go and arrest them, but they'll be back. They have to decide on a 'neutral zone' where they can 'hang out.' If the problem is employment, the community has to find a way to give them jobs, or refer and train them in order to provide them with alternatives to 'hanging out.'"

Assigned to the "Cortland Corridor" (Cortland Avenue from Mission Street to Bayshore Boulevard and down to Crescent Avenue) Officer Ibay plans to attend the various neighborhood group and block club meetings to find out their priorities in Bernal. The Ingleside Station is also in the process of setting up a 24 hour non-emergency C.P.O.P. message line that Officer Ibay will review before embarking on his daily foot patrols. This 24 hour phone number will allow residents to report any suspect activities that they have observed on their street or other information that they feel will be helpful in keeping the neighborhood safe.

In just the first few weeks on duty, Officer Ibay wasted no time in making his presence known - to both community members and criminals. Actions taken by him in mid-March included the arrest of a man brandishing a gun on Cortland -Continued on next page



Officer Rey Ibay walks his beat on Cortland Avenue

Community News

(BEAT COP - continued) and on Crescent Avenue and the arrest of a burglar while on his patrol.

Neighborhoods need police officers who care about their communities and the city. Officer Ibay lives in the Bayview District of San Francisco with his wife and two daughters, making his commitment to fighting crime in the city a strong one. He welcomes participation in keeping Bernal safe, "I need people to be my eyes and ears and let me know if anything suspicious is happening. Hopefully with a partnership between the police and the community, we will be able to improve the quality of life in Bernal Heights."

Officer Ibay would like to welcome Bernal residents to talk with him about the community's needs. If you don't run into him around Cortland Avenue, you can leave a message for him or the CPOP coordinator, Sergeant Anne Cazahous, at 553-1603 at the Ingleside Police Station. You can also leave Officer Ibay a note in his message box at the Bernal Heights Neighborhood Center at 515 Cortland Avenue.

Christmas In April

By Mike Noon

This nationally active, locally directed effort begins its second year of activity in San Francisco.

In the spirit of 'barn-raising', skilled and unskilled volunteers work to repair homes in targeted neighborhoods of low-income, elderly, and disabled city homeowners. All of the repairs are carried out in one strenuous (and well planned) day's work.

Volunteers can include skilled tradespeople but also consist of lawyers, nurses, office workers, and executives directed by skilled crew chiefs. The benefits go both ways as the volunteers are quick to comment on the upbeat sense of working with others and assisting their communities. But the impact of this effort nationally is also impressive with a total of 1,410 homes renovated in 43 cities.

Along with the volunteers, large home improvement centers (e.g. Home Depot) and local merchants donate materials ranging from wire and floor tiles to toilets and paint.

Local governments also get into the act with the San Francisco Mayor's Office of Housing encouraging its funded agencies and non-profits, such as the Bernal Heights Community Foundation (BHCF), to participate. The BHCF and HCDC (Housing Conservation and Development Corp) are assisting with preliminary home inspections of the clients to give the work crews a clear idea of what repairs are needed. Five inspections (out of some 40 homes) were carried out by BHCF for four elderly and one handicapped household. This year's efforts were directed in the Visitation Valley and the OMI (Oceanside/Merced/Ingleside) neighborhoods.

These efforts can also be directed toward quick and expeditious repairs of



shelters and special-needs housing which normally goes through torturous bureaucratic funding reviews. Finally, it obviously is a way for Community Development Corporations to meet and involve the larger city in community building efforts.

Bernal Business News

By Philip J. Zamora, President of the South of Army Mission Merchants Assoc. (SOAMMA)

First of all, let me start by saying "Hello" to the Bernal Heights community businesses, non-businesses and "thinking about going into business." As President of SOAMMA, I would like to extend my hand in friendship to the "customers" of our businesses and thank you for your past patronage and influence, not only to us directly but also indirectly through City Hall. In this column, I will try to highlight the newsworthy and influential information to you. I welcome your letters concerning the Bernal business community in order to better understand your needs as a customer: better parking ideas, availability of certain types of business, drug problems, shoplifting, street cleaning, restaurants, night clubs, etc.

I would like to have a tour bus line stop in our neighborhood and visit some of our historical sites. The tourists can then dine at our many quality restaurants in our community from Mexican to Chinese to Thai to good ol' home made American such as Mi Pueblo, Royal Kitchen, Manora's, Kitty's or Al's Cafe. This added revenue from the tourist would be very good for our community, without congesting our already crowded neighborhood (the buses would leave with the tourists and the vehicle!)

In my next column, I'll be addressing the Day Laborers situation at the corner of Valencia and Mission along with an updated report from Supervisor Gonzales's office. In the next issue I'll also explain the "Mayor's Task Force's" which is charged with reporting recommendations of issues facing the Mission, including public safety, traffic, land use, economic development and quality of life. For more information on the Task Force, contact Nina Pelligrini, SOAMMA Vice President at 824-3313.

I feel it is time we come up with, not just ideas to create more visibility in this area for business, but also to do it creatively, sensibly and consciously both for the community and our environment!

I'll be looking forward to and invite your ideas and suggestions. Responses can be sent or relayed to Philip Zamora at 3274 Mission Street, 285-0209.

Two Thousand Babies (And Their Moms) Can't Be Wrong!



St. Luke's nursing staff is dedicated to providing you and your newborn special care.

Why Did Nearly 2,000 Mothers Choose to Give Birth at St. Luke's Hospital Last Year?

Comfort.

At St. Luke's, our beautiful and spacious LDR rooms (combination labor, delivery and recovery) offer all the comforts of home. The decor is charming and features lovely furniture, matching linen and hardwood floors. And all the necessary medical equipment is conveniently tucked away and readily available. Or you can choose a traditional delivery room.

Special Care.

Our friendly and experienced maternity staff is dedicated to providing personalized care. In

addition, a pediatrician is available around the clock and a neonatologist is always on call. And it's comforting to know that our Level II Intensive Care Nursery is ready to handle any unforeseen complication. If English isn't your first language, many of our staff are multilingual.

Some Extras.

We can help you select a doctor that meets your specific requirements. We even offer our moms free childbirth preparation classes. And after your baby is born, we'll teach you how to feed, bathe and

care for your child. As an added touch, we've got special gifts awaiting you and your newborn.

Convenient Location.

St. Luke's Hospital is located right in your neighborhood where we've been serving the community since 1871.

Affordability.

St. Luke's is an *affordable*, private hospital. We offer a variety of payment options, accept most types of insurance, and will process Medi-Cal or help you establish coverage.

✱ St. Luke's Hospital
Army at Valencia
Special event? Special care!

Yes. I would like a behind-the-scenes tour of St. Luke's maternity facilities.

Name

Address

City/State/Zip

Age Daytime Phone

Is this your first baby? ☐ Yes ☐ No

If not, in what hospital did you last give birth? (Name and City)

Why did you select the above hospital?

To arrange to come in for a behind-the-scenes tour of St. Luke's maternity facilities, and receive a *free gift*, simply call 626-BABY (626-2229), or complete and mail this coupon to the address below.

✱ St. Luke's Hospital
Army at Valencia

Marketing Department
3555 Army Street
San Francisco, CA 94110

NBJ

Youth page

The Summer Youth Employment & Training Program (SYETP) is back

By Jose Leon

Once again the BHCF will be administering the Summer Youth Employment and Training Program (SYETP) for the non-public school students. With this program the BHCF will be able to provide jobs for one hundred youth who attend private or parochial schools and are between the ages of 14-21 living in San Francisco, from low income families.

The whole idea behind this program is to give youth the opportunity to get valuable work experience and also to perform community service, while earning money for their education. The program will begin June 24th and end August 17th. Youth will be paid \$4.25 an hour and will be able to work twenty hours a week.

We are now accepting applications for the program. Youth should remember that because spaces are limited, it is best to sign up now. For further information call BHCF and ask for either Martha Zamora or Jose Leon at 648-0330.

The Closing of Our Schools

by Lisa Mestayer

I am a private school student and although I am not a student of a public school, many of my friends are. The fact of the matter is that with this budget cut everyone in California attending public schools is going to be touched.

I'm a senior in high school this year and will be attending S.F. City College in the Fall. I've just learned that because of the budget cut all the classes that I could have chosen from won't be available. My future transfer to a four year college will also be effected due to the lack of available financial aid and probable rise in tuition costs.

Who do these people in power think is going to take care of the future? Who do they think has to take care of the mess that has been made and continues to be made? How are we, the future, suppose to take care of this country when our skills are limited because of a lack of decent education? What kind of message are they trying to give us? Are we not as important as the rich folks who have the upper hand? Education is a right not a privilege. When will they see?

Although many of us are unable to vote, we are able to be heard. If you have something to say write a letter, circulate a petition, we must be heard.

Living in the 5th World

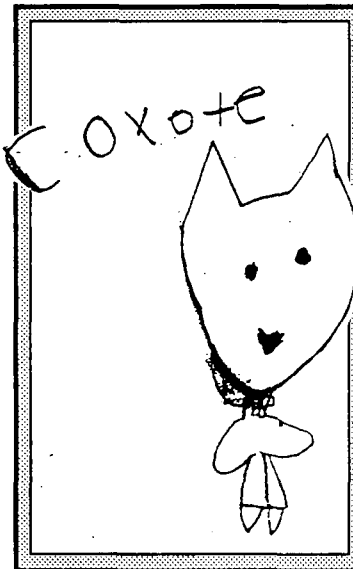
Poetry from Flynn Elementary

These poems were written by Mr. Juan Escamillo's 5th grade class at Leonard Flynn Elementary School, as part of a California Poets in the School program in poetry writing and world mythology. The program was sponsored by the San Francisco Education Fund and the poet-teachers are Melissa Kwasny and Susan Terence. These poems were written last November, well before we entered the war in the Persian Gulf, and were in response to the hearing of the Aztec myth of the 5th worlds. In it, each world is destroyed by fire, wind, water or the earth and only the good people are saved. We are now living in the 5 worlds.

The End of My World

The fire will be caused by the enemy killing the people, animals, birds, houses, and the trees. Gas powders, everything will burn instantly. The whole world will sound like birds flapping their wings.

-By Jose Hernandez



In the 5th World

The birds live in cages the fish make bubbles in the water, Quetzalcoatl lives in the sky. When I see a dragon, I scream, oooooohhh. Winds sounds like a ghost. San Francisco has bad news and sometimes good news. The coyote screams at night. When I touch the sun, I burn myself in the water which is cold as ice.

-By Rigoberto Rodriguez

The 5th World

When people see fire they are too hot. They can melt like ice-cream close to the sun. The shape of the fire looks like it's weaving, dancing, and making people crazy. The water is cold like the snow that falls from the blue sky. The water is so clear that my reflection is there.

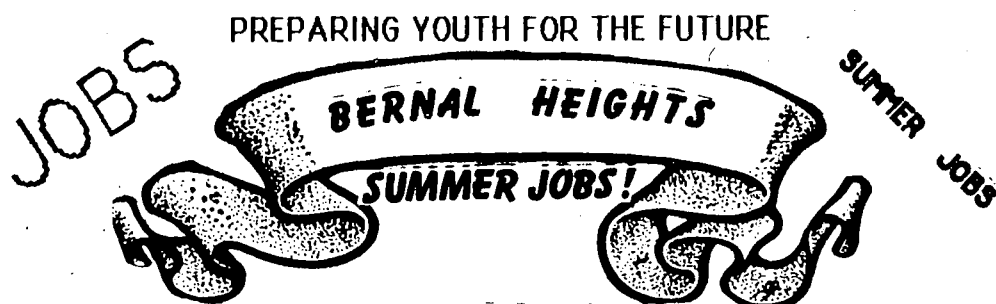
-By Claudia Gonzalez

Fire

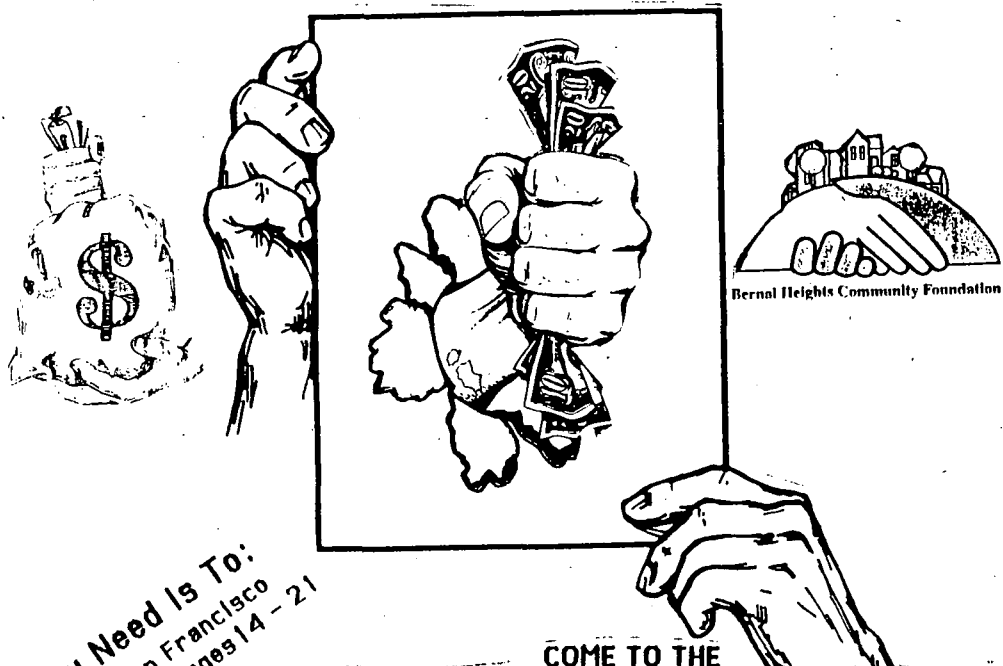
I will jump out of a window when I see fire and land in a cup of water. A volcano is erupting, yelled someone. The volcano was in back of me. I was going to die but no, I turned into a bird and flew to history. Then, ahhhhhhh, it was a dream.

-By Johnny Ordenano

Drawings by Connie Rincon's Kindergarten Class.



Summer Youth Employment & Training Program



Bernal Heights Community Foundation
515 Cortland Avenue, San Francisco
phone: 648-0330 ask for Jose. OR

Private Industry Council

MARTHA

Fight for Education!

San Francisco alone stands to lose:

- 584 Teachers
- 350 Substitute Teachers
- 400-500 Teacher's Aides
- 235 Support Service Staff
- 46 Administrators
- Jr. High & High School sports or electives including the visual and performing arts.
- Longer class periods with as many as 45 students per

class.

• The closing of Balboa High School and many others. These are just some of the cuts that will effect the education of our children: our future. **MAKE YOUR VOICE HEARD:** Attend the Board of Education Budget Hearings on:

April 16th & April 30th
7:00 pm

Everett Middle School
(Church & 16th Street)

Call the Board of Education: 241-6427 to obtain a speaker's card. 3 minute time limit.

Youth Workers Get the Job Done!



Clockwise, standing left to right: Maria Morales - Youth Employment assistant, Martin Beltran - Office Assistant, Jennifer Victoria - New Bernal Journal Assistant and Lisa Mestayer - Office Assistant.

Senior page

Solving the Medication Maze

By Julie Mills, MSW

As people get older, they often take more and more medications to stay healthy. In the Bay Area, people 60 and older make up 20 percent of the population, however they buy 31 percent or more of prescribed medicines. Usually, these medications do a good job of making people's lives more productive and comfortable.

However, sometimes taking many medications can be hazardous to one's health. According to a study presented to the U.S. Congress, adverse drug reactions account for 30,000 deaths among seniors each year.

One serious problem that affects everyone taking medications is taking one drug that has an adverse side effect when taken with another prescription medicine, non-prescription medicine, or alcohol. Many times people might go to one physician for one ailment and another doctor for another problem. For this reason, it is important to have a list of all your medications with you when you go to the doctor. This way you can inform the doctor of the medications you are currently taking. It is good to carry this list with you at all times in case of an emergency. If you would like to know if any of your medications counteract with each other, you can call your pharmacist, Senior Rx at 558-3767, or your doctor. This is important to do if you take more than one medication.

Another problem with taking many medicines is remembering to take them at the correct times. As a non-senior, I know that when I need to take medication, I often have trouble remembering to take my medication at the correct time.

I imagine this problem intensifies as the number of medications increases.

The Bernal Elders Support Team coalition has been talking with seniors in Bernal Heights about their needs and we have learned many interesting methods that people have developed to remember to take their medications. Some seniors set an alarm clock, other people keep a chart

on their refrigerator, and others lay out their pills for the day in the morning. It's important to develop a method that works for you; if your medication is not taken according to schedule your health can be seriously affected. Senior Rx has pamphlets available to help you plan your medication schedule. Senior Rx also has many programs and brochures available that you might find helpful. Some of these are a

senior theatre education project, mini-classes, medication fact sheets and many publications. Some of the mini-classes include: Managing Your Medication: Organizing a System for Taking Your Medications, How to Save Money on Your Medication Costs, Consumer Hints on Over-the-Counter Drugs, What to Do When You Can't Sleep, and many more. Call Senior Rx at 558-3767 to find out more about their programs.

If you are a senior who needs some assistance who would like to tell the Bernal Elders Support Team coalition about your needs whether they are related to medications or any other part of your life, or if you would like to find out more about the coalition, please call Julie Mills, Monday - Friday from 9-5 at 648-0330 or send in the form below.

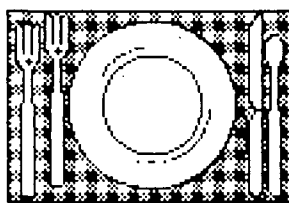
Grocery Shopping Made Easy!

The Bernal Heights Senior Program is organizing a monthly grocery shopping trip for senior citizens 60 years and older who have difficulty taking the bus, or have a hard time getting to their favorite super markets.

While grocery delivery services do exist, the Bernal Heights Senior Program understands that you may prefer to pick out your own food and enjoy a couple of hours of shopping in the company of others.

Call Vicki at 648-0330 to find out more information about this free service for Bernal seniors.

Senior Lunch Program



Monday, April 8th

Beef Tacos

Tuesday, April 9th

Turkey Tetrazzini

Wednesday, April 10th

Teriyaki Chicken

Thursday, April 11th

Sunset Fish Fillet

Friday, April 12th

Spinach Rice Casserole

Monday, April 15th

Beef Tacos

Tuesday, April 16th

Turkey Tetrazzini

Wednesday, April 17th

Teriyaki Chicken

Thursday, April 18th

Sunset Fish Fillet

Friday, April 19th

Spinach Rice Casserole

These delicious meals are available to seniors 60 years and over at the Bernal Heights Senior Program, 515 Cortland Avenue, Monday thru Friday at 12:00 noon. Suggested Senior Donation: \$1.25. Partially funded by the SF Commission on the Aging.

Tax Advice for Seniors

Do I have to file an Income Tax Form?

If you are **single** and over 65 with an income over \$5,300, you must file. For a married couple with and only **one** partner over 65, you must file if your income is over \$10,200. If **both** partners are married and over 65, \$10,850 is the maximum you can earn without having to file. These amounts exclude Security and tax free interest.

Has the standard deduction for a person over 65 increased?

Yes. If you are **single** and over 65, your deduction has increased to \$4,050. If you are married and **one** of you is over 65, the deduction is \$6,100. If you are married and **both** of you are over 65, your deduction is now \$6,750. State of California deductions are \$2,169 if you are single, over 65 and not blind. If you are married, over 65 and not blind it is \$4,339.

If you have costs such as mortgage interest and high medical expenses, you may want to utilize these itemized deductions, instead taking the standard deduction.

What's the advantage of using Form 1040A?

For most Americans, it's less complicated than Form 1040. Form 1040A is not only shorter, but it has been modified to include space to report income from pensions, annuities, taxable Social Security and railroad retirement benefits and distributions from Individual Retirement Accounts. It also has print that is larger!

Free Tax Services for Seniors

If you are 60 years and older, you can take advantage of programs provided by Volunteer Income Tax Assistance and Tax Counseling for the Elderly. These joint programs are sponsored by the California Franchise Tax Board and the Internal Revenue Service and are offer free tax assistance for senior citizens at these locations:

- **Bernal Heights Community Foundation**
513 Cortland Avenue
Tuesdays: 2:30 - 7:30pm
Saturdays: 10:00am - 4:00pm
No appointment necessary. Call: 648-0330
- **La Raza Information Center**
2588 Mission Street, #212
Saturdays 3/9 - 4/13/91
10:00 am - 2:00 pm
Walk in service. Call: 826-5855
- **Bayview Hunters Point Senior Center**
1706 Yosemite Avenue
Thursdays, 2/7 - 4/11/91
10:00 am - 2:00 pm
Walk in service. Call: 822-1444

Senior Activities for April & May

Potluck & Talent Show, Tuesday, April 16th, 6:00 - 8:00 pm. Share a meal and a laugh at this annual family event sponsored by the Bernal Heights Senior Program.

Cinco de Mayo Celebration, Monday, May 6th, 11:00 am - 12:00 pm. Join us for our colorful, festive celebration of dance, song and food as we celebrate the independence of Mexico.

Birthday Party & Dance, Monday, April 29th, 10:00 am - 2:00 pm, in the St. Kevin's Hall on Ellsworth Street at Cortland Avenue. Enjoy live music and dancing as we celebrate all of those born in the month of April. All seniors are welcome to attend.

Mother's Day Party

Monday, May 13th, 11:00 am. Mothers, grandmothers and even great grandmothers will be honored for their love and care of our children. Everyone is invited to join us for songs, refreshments & contests! Admission free.

Spring Fling Bingo, Sunday, May 5th, 1:00 - 4:00 pm. Win a \$100 Cover-All at this afternoon Bingo extranganza, complete with complementary food, beverages and door prizes on a lucky Sunday afternoon. Regular Bingo pays \$25 per game. Tickets only \$5 for 5 cards.

Unless otherwise indicated, these activities are free to seniors 60 years and over and are held in the Bernal Heights Senior Program at 515 Cortland Avenue. For more information or a complete activities listing, call 648-0330.

If you would like to become involved with the

Bernal Elders Support Team (BEST) Coalition

please return this form or call us at 648-0330.

Please indicate your interests:

- ☐ I am a elder who needs assistance and would like to express my needs and receive information and referral to meet these needs.
- ☐ I am a caregiver who would like to express my needs and receive information and referral to meet these needs.
- ☐ I am a community organization/business/program that would like to become involved in helping the homebound elders of our community.
- ☐ I am a neighborhood resident who would: ☐ like to refer a neighbor ☐ like to become involved

Name: _____ Phone: _____

Address: _____

SEND TO: Bernal Elders Support Team (BEST)

CLASSIFIEDS

HOME CARE

Window Repairs: Broken glass, ropes, and putty replaced. Weatherstrip doors, small carpentry and painting jobs. I am always on time. City Window Service. 337-9327.

Amir Window Washing Company. Free estimate. Inside, outside, homes, shops, all glass. Neat and reliable. 826-8958 ask for Amir.

STAR Housecleaning with extra care. Experienced, reliable, and thorough. Call Pat at 550-7103.

Housecleaning: Relax on your time off work! Thorough and reliable Housecleaner available weekday mornings. Great references. Call Jane 647-1709.

Remodeling your home? Ronald Gonzalez, Architect, C10, 199 specializes in residential remodeling and code compliance. Fifteen year resident of Bernal Heights. 282-3765.

PROFESSIONAL SERVICES

The Traveling Mechanic: Tune-ups, brakes, general repairs, foreign and domestic. 15 years experience. All work guaranteed. House calls. \$40 per hour. Licensed and certified. Georgio. 864-5747.

Income Tax Preparation. Easy-to-talk-to CPA will take care of all your tax needs. Financial Planning, Accounting Services, Investments, Incorporations, Partnership Agreements. We specialize in small businesses and individuals. Very reasonable rates, 1/2 hour FREE consultation. 10% Discount when you mention this ad! 282-7955.

Word Processing: Business/Academic/All services. Resumes, mailing lists, etc. Laser printer. Reasonable/fast/reliable. Will work on-site. Call 647-3285.

Moderne Graphics/Desktop Publishing. Newsletters, Brochures, Business Cards, Menus, T-Shirts, Stationery, Newspapers, Logos. Very reasonable rates, also tutoring in Pagemaker, Quark & Illustrator, 282-7955.

CHILDCARE

Share Childcare in Bernal Heights. Ana, our baby-sitter, is loving, energetic, and responsible. We have a 2-year-old and would like to share costs and fun of care. Infant or toddler OK. \$4-5/hr. Fulltime preferred but negotiable. Call Lisa or Chris, 648-0737. Available immediately.

PET CARE

Positively Pets! Pet care tailored to your needs. Exercise, in-home care, geriatric care, training, behavior consulting, transportation, grooming. Loving care for all pets. 10 years experience. References available. Senior discounts. 647-2463.

REAL ESTATE FOR SALE/RENTALS

Office Space Available at 513 Cortland Avenue (at Andover). Very visible store front, 1,300 square feet for \$600/month, includes utilities. One year lease. For more information, call Mauricio Vela at 648-0330.

Real Estate Service Provided by a Bernal Heights Resident who cares about the Community! 5% of my commission from your purchase or sale of Bernal Heights Property will be donated to the Bernal Community Organization of your choice! Call Evan Gerling, Hartford Properties, 863-7500, ext. 113, for more information.

Ski Lovers - Tahoe Getaway! Beautiful Tahoe home in prestigious Incline Village. Near Squaw Valley, Alpine, Heavenly and South Shore Casinos. Large kitchen, 3 bedrooms, 2 baths, steam/sauna room, living room with fireplace, 2 decks, garage, all appliances & laundry. Call for Special Rates. 282-7955.

JOBS

Apartment Residential Manager. Manage Coleridge Park Homes, a 1.5 year old, 49 unit senior complex in Bernal Heights. Previous management or related experience required. Spanish speaking A+. Resume and salary requirements to: M. Alexander, Bridge Property Management, 82 2nd Street, #202, SF, 94105. EOE.

MISCELLANEOUS

Ogden Terrace Community Garden has plots available for planting vegetables, flowers and herbs. For more info, call 282-4495

Classical LP Records wanted. Bob, 584-1499.

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Special Building Controls For Bernal Heights

Analysis by Alan Bruce

As the culmination of a more than three year process with participation by hundreds of Bernal Heights residents, the Board of supervisors in January adopted by a 9-1 vote amendments to the City Planning Code establishing the "Bernal Heights Special Use District," with special provisions for "building height, setbacks, rear yards, parking, curb cuts, garage door width", and special "restrictions on demolition".

The final provisions take account of Bernal's steep slopes, narrow streets and substandard lots - limiting to some extent the height and bulk of new and remodeled residential buildings, while at the same time recognizing the ethnic and economic diversity of Bernal by allowing three or four bedroom homes up to 2,300 square feet for larger and expanding families, and protecting tenants from speculative demolitions not related to safety. Nothing like this has been done



A new construction on Franconia St. is an example of a design by both the builders design review board.

anywhere else in the city, partly because no other neighborhood has the combination of steepness, narrow streets, small lots, and low and moderate income people living chock-a-block together; partly because no other neighborhood has moved so effectively to do it's own planning and then to convince the planning commission and the board of supervisors. The long-pending citywide per-

manent Neighborhood Conservation Ordinance, now bogged down, when ultimately adopted is expected to take account of the special conditions and needs of each neighborhood. Bernal Heights has pioneered the way.

The final provisions do not change the zoning of any parcels. At various stages in the three year period of interim controls, negotiations and studies, downzoning of buildings or lots zoned for multiple family occupancy was in effect or under consideration. Downzoning was dropped in the final version, out of concern that occupants of illegal second units could be hassled, and concern for owners who were counting on using the full potential of the zoning of their property.

As with anything new or different, the process was controversial all along, and some controversy remains. A few architects, builders and realtors are already urging repeal of the new legislation, which would return Bernal to the standard citywide controls and reopen Bernal to 60 foot high monster structures overshadowing their neighbors. A few owners believe that they cannot build their dream houses. They and their architects should consult with either of the two Bernal Design Review Boards for advice on how they can do what they want, or come close to it, under the new rules. A 2300 square foot house is permitted not only on a level lot but also on up slopes and down slopes. Three story houses can be built - two full stories plus garage level. Existing two story buildings (one story plus garage level) can go up another full story. Peaked roofs and architectural diversity are encouraged.

Greater flexibility can happen, and disputes with neighbors over building plans can be resolved locally, should all of Bernal be covered by neighborhood review boards. It would make sense for the existing Northwest Slope Board and East Slope Board to expand their boundaries so that together they cover all of Bernal North of Cortland. A new review board could then be formed and elected to cover south of Cortland. Philosophies, and guidelines adopted, may and should vary. Residents interested in working in this direction may contact Mindy Linetsky at the BHCF, 648-0330.

Insurance: How To Get The Right Coverage At The Best Price

By: Eric K. Tyson

Insurance is probably one of the least understood and monitored areas of personal finances. Studies by the National Insurance Consumer Organization, show that more than 9 in 10 Americans carry excess insurance in some areas while they are exposed to catastrophic risks in other areas.

With current economic slowdown and uncertainty, now is the ideal time to review insurance costs and broaden your protection. **What You Need:**

There is a rather simple rule to determine when you need insurance coverage for yourself or for your property and other assets. The point of carrying insurance coverage is to protect against a loss that would financially catastrophic from your perspective. You want to purchase the broadest possible coverage that you can get rather than insuring small losses or specific (narrow) losses.

For example, if you have a family and a mortgage and not much excess savings, you need adequate life insurance protection to protect a potential lost income from the death of a breadwinner.

All people need adequate major - medical health insurance coverage. Many small business owners and employees in small businesses lack any health coverage at all. In this age of soaring medical costs, a major medical bill of \$50,000 or \$100,000 is not unusual. Such a large medical claim could be financially devastating to you, your family and relatives if lack adequate health coverage.

Another type of insurance that all people need is an adequate savings reserve of at least three months of living expenses. This is especially critical if you do not have family members who could help you during a financial crisis in your life such as the loss of your job.

What You Don't Need

Insurance that covers small losses that would not be financially catastrophic given your situation and that cover specific (narrow) losses are not worth keeping. For example, health insurance policies that are typically sold to older people that pay a fixed amount of hospital coverage a day (e.g. \$75) are a poor use of your insurance dollars. With an average day of hospitalization in California costing nearly \$1000, such coverage is not broad enough and is very costly given the small coverage.

If no one is dependent upon your income, you do not need life insurance. Thus, children and most single people do not need life insurance since they don't financially support others. Some people buy life insurance on their children out of love and fear but such a purchase does not make sense from the standpoint of reason.

Eric Tyson is the founder of the Financial Information Center at 339-2230 which does not sell financial products, and is an objective, affordable resource dedicated to helping individuals and small business owners make informed financial decisions.

Bernal Hilltop Natural History: Native Morning Glories

by Barbara M. Pitschel

It is difficult to predict the nature of this spring's wild flower display in view of the December freeze, the fifth year of a drought, and the late spring rains. It is clear that the early-blooming species are running a couple of months later than usual. Probably some species will bloom late, others will bloom according to schedule, and still others will make little or no showing this year.

This month I'm going to call your attention to the morning glory family (convolvulaceae) on Bernal because it's an interesting group to recognize and because at least one of its members is already putting on a fine show, easily seen from Bernal Heights Boulevard.

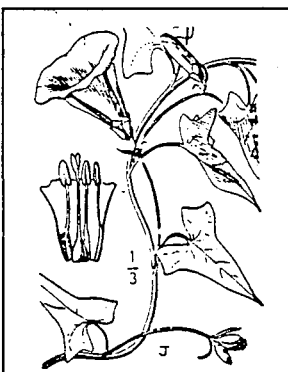
Three native members of this family grow on Bernal: *Calystegia purpurata* (western morning glory), *Calystegia subacaulis* (hill morning glory), and *Dichondra donnelliana* (dichondra). The two *Calystegia* species have morning glory flowers but are easily distinguishable from one another by many characteristics. The accompanying illustrations should assist you in comparing and contrasting these plants so that you can recognize them.

The western morning glory has long trailing stems by which it climbs along dry, open, rocky, roadcuts on the south side of the hill. Its showy white flowers are distinctly purple-veined (note the name *purpurata*), especially on the backs of the petals. The triangular leaves are shaped like arrowheads with flared basal lobes ("hastate" is the botanists' term), similar to ivy leaves. This species begins blooming in March and is in fine flower this year.

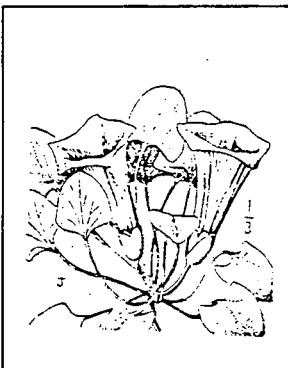
The hill morning glory can be found among the thick grasses on the wetter north slope, particularly along the center path that traverses the west and northwest slopes. The first thing one notices is the leaves, which, at first glance, resemble the leaves of its neighboring wild violet, *Viola pedunculata* (johnny-jump-up). They are much rounder and less angular than those of *C. purpurata*. It is only when you look closely that you notice the flowers, not because they are indistinct, but because their very short stems (from which the name *subacaulis* is taken) conceal them among the foliage. This species usually begins blooming in April.

The native dichondra is a close relative of the familiar ground cover that is used commercially as a lawn substitute. Although its

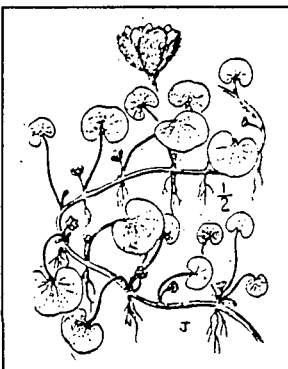
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Calystegia purpurata
Western morning glory



Calystegia subacaulis
Hill morning glory



Dichondra donnelliana
Dichondra

Health Focus

Hayfever

by Jeanette Conley, RN

Reactions to pollens causes many peoples eye's to water and nose to run. Some people suffer from sinus headaches and blockage. Spring is one of the worst seasons for hayfever due to the high pollen count from flowers. The body reacts with antihistamines to combat the problem.

Some herbs and vitamins are being studied for their ability to relieve hayfever. Here are just a few:

- **Freeze dried nettles** - *Urtica* was studied at the National College of Naturopathic Medicine. The patients found Nettles to be more effective than over the counter medications. Good to use in acute situations: 2-3 capsules.
- **Eyebright- Euphrasia**. This is good for hot watery burning eyes. It is useful for burning and sneezing of the nose as well. Tea or tincture is good in acute situations.
- **Wheatgrass Juice** - Drink 1 ounce everyday to every other day helps build up the over all immune process and decreases allergic response. In long term use this herb decreases hayfever drastically.
- **Quercitin** - Derived from vitamin C complex is useful long term and acute. It prolongs the release of the antihistamines into the system so people react slower.
- **Diet** - High in Manganese, Buck Wheat Nuts, beans, peas, and blueberries. General emphasis on whole grains, nuts, raw fruit and vegetables.

Jeanette Conley, RN, owns The Emerald Edge at 737 Cortland Ave., 647-6556.

Bernal Hilltop - Continued

leaves and creeping habit resemble other members of the family, its flowers are so minute that they are seldom seen. This species functions as a useful ground cover over many areas of the hill, especially at the eastern end. As we cleared the revegetation test plot of its heavy thatch of weedy grasses, patches of dichondra began forming. We are pleased to see it, because it serves to protect large disturbed areas from weed invasions.

We have been fortunate, so far, that *Convolvulus arvensis* (bindweed), a closely-related member of the morning glory family and an extremely invasive agricultural weed from Europe, has not become established on Bernal. We hope that healthy populations of the native species will continue to occupy niches that might otherwise be invaded by weedy species.

Anyone wishing to learn more about the Bernal flora is welcome to participate in restoration work parties, which are held on third Sunday of each month. We meet at 11 a.m. at the foot of the phone company road. Work is appropriate to the time of year and includes removal of invasive weedy species, planting and maintaining the test plot, and enjoying the flora and fauna of each season. For further information, contact me at 282-5066.

Astro-Rap

by Jessica Murray

Comparing the natal charts of George Bush, Saddam Hussein and the U.S.A. (the entity born 7/4/76 in Philadelphia) shows correspondences so precise and deadly that the Gulf mess reveals itself as a dark, mythic drama in which each of the major players is typecast.

The U.S.A. chart features a Pluto (planet of corrupt or hidden power) in the second house of wealth, symbolic of our 27th degree of Capricorn. Pluto represents the most the unconscious in an in-shows what form one's how - if courageously evil transform us.

Saddam Hussien's Ju-convictions) falls at the right on top of the U.S.A. man for his own truth, he projected Pluto and galational fears. He personi-evil. Now, when a pro-of us in our personal rela-embarrassed enough by hatred into getting a reality - check from a friend or a shrink; but it would take an unusually enlightened leader to transcend such a dynamic when it occurs in the collective. And what our nation has instead is George Bush.

Enter our latest Pluto projection, Saddam Hussien, one of the more brutal embodiments of the none-too-subtle sign Taurus. He has Uranus (planet of the unpredictable) on the sun in his chart, a strong placement for willfulness and caprice. More telling still, Pluto opposes Jupiter to the exact degree (the planets were 180 degrees apart the day he was born), denoting a fanaticism that could tend towards annihilating (Pluto) those who don't share his vision (Jupiter).

It should be noted that the new moon eclipse did not cause the war anymore than the clock hands pointing upwards cause it to be noon. Astrology uses the symbolism of planetary patterns to gauge meaning, synchronistically rather than deterministically. Nothing here is fated. Any of the players in this drama could draw on the higher potential of his chart rather than the lower; that's the wild card. Saddam could in theory use his Uranus conjunction as a point of genius rather than arrogance. Bush could use his Gemini for wit rather than than lies.

But where there is a vacuum of consciousness, chart factors this powerful turn powerfully ugly. If there is anything inevitable in this sorry business, is extremism.

For astrological classes and consultations, call Jessica Murray at 626-7795.



plutocracy, placed at the (remember this number). deeply repressed corners of dividual's chart. The planet nightmares will take and confronted-our images of

piter (religious/political 26th degree of Capricorn, Pluto, in his role as spokes-is the perfect hook for our vanizes our darkest nifies our sense of ultimate

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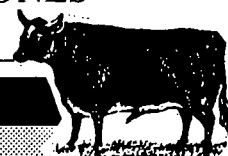
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